

# Life+Style

Fall

September 2023

Maravilla at the Domain

Independent Living



*Your lifestyle  
continues here*

Zest  
MIND • BODY • SOUL



# August

## Wrap-Up

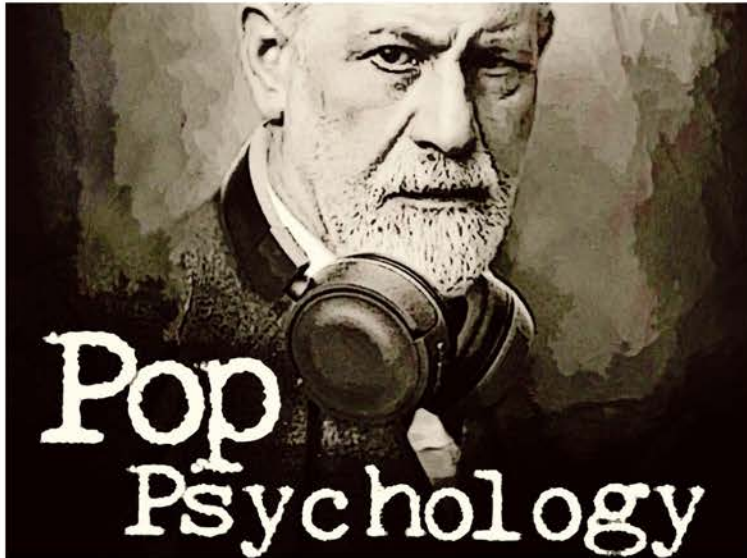
# Zest

MIND • BODY • SOUL





# Community Happenings



## September



The Show Must Go On

3pm

Majestic Theater

What I learned from visiting 250 old Texas Theaters. Don't miss this historical multi-media presentation about old movie theaters across the state of Texas! With Mike Robertson



What does Pop Culture have to do with Psychotherapy?

11am

Majestic Theater

In this interactive presentation, Dr. Rochlen shares examples for how he uses film and music to teach core concepts of psychology and psychotherapy. He is Chair of Counseling, psychology/Counselor Education, Department of Educational Psychology at the University of Texas, College of Education.



The Gospel According to the Beatles

3:30pm-4:30pm

Majestic Theater

Beginning September 13, Who were the Fab Four and what events shaped their lives and personalities? This four-part series reveals the stuff you didn't know, and will give you a greater appreciation for this most-successful group.



Jean-Pierre and the Zydeco Angels

3-5pm

IL Living Room

Get ready for dynamic, down-home, good-time zydeco music! From traditional to modern zydeco this band will keep you on the dance floor and pumped up to party. They have played Mardi Gras festivals in New Orleans, night clubs throughout the south, and even toured internationally.



Farmers Market Lakeline Mall

10:30am-12Noon

We will head out to a local farmers market and enjoy fresh produce and artisan foods from local farmers and vendors as well as enjoy live music from local artists. 90+ vendors, about 40% of which are agricultural producers. Your produce is freshly harvested, and doesn't have to travel far – better for you, and better for the environment!





## The Art & Science of WellBeing **Zest. For Life.**

### National Healthy Aging Month

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

1. **Get Moving** It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed. Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go. Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels. Make your physical activity FUN and something you enjoy doing!
2. **Maintain a Healthy Diet** Eat proper portion sizes. Overeating can lead to obesity and increase the risk of diabetes and heart disease. Eat a variety of fresh fruits and vegetables and have them make up half of your plate. Avoid excess processed foods. Stay hydrated—adults should drink between 10–16 cups of water per day, depended on gender, living environment, and activity level.
3. **Stay Social** Try something new by attending online or socially distant in-person classes that interest you. Use technology like Zoom or Facetime to stay in touch with friends and family.
4. **Balance your body and mind** Keep a positive attitude. Keep your mind active by reading or doing puzzles. Keep your body active through stretches and yoga.
5. **Be proactive** Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early. Don't forget appointments with the dentist and optometrist too. Take vitamins, supplements and medications as prescribed.



Mind



Body



Soul

Connecting with your *Mind, Body & Soul* promotes physical, cognitive and emotional well-being. SRG communities embody the power of Mind, Body, and Soul connectivity through the array of holistic Zest activities offered daily.





Mind

## Mindful Meditation with Zest

Meditation has its roots in ancient Eastern traditions, particularly in Hinduism and Buddhism. It was initially practiced as a means to attain spiritual enlightenment and connect with the divine. Over time, meditation spread to different cultures and evolved into various forms, each with its own unique techniques and goals. *Mindfulness Meditation* is a form of meditation involves focusing one's attention on the present moment, observing thoughts and sensations without judgment. It cultivates a state of heightened awareness and helps individuals develop a non-reactive and accepting attitude towards their experiences. Meditation is a powerful practice that offers numerous benefits for the mind, body, and spirit. Whether you choose mindfulness or another form of meditation incorporating meditation into your daily routine can bring about a sense of inner peace, improved mental health, and overall well-being.

Check on Lifeloop or with your Zest team for meditation offerings in your community!





# Body

*Pilates* is a versatile exercise method that offers numerous benefits for individuals of all fitness levels. With its focus on core strength, flexibility, and body awareness, Pilates can improve overall physical and mental well-being.

Whether practiced on a mat in a chair, Pilates provides a comprehensive workout that can be adapted to suit individual needs and goals. So, why not give Pilates a try and experience the transformative effects it can have on your body and mind?





# Food for Your Gut

Pre & Probiotics are the key to a balanced gut. And gut health is shaping up to be the next super big breakthrough health frontier, impacting everything from cognitive health and digestion to heart disease and immune system health. Run, do not walk, to gather up these ingredients to experience real change in your sense of health and wellbeing.



## Prebiotics

Prebiotics are ingredients that feed the beneficial microflora in your gut. You can have good bacteria, provided by probiotic rich foods, but you have to feed them too. Prebiotics are fibers that humans cannot digest, but are actually fibers your bacteria feed on. Feeding your bacteria enables them to produce compounds called Short Chain Fatty Acids. These include butyrate which is actually fuel for the cells that line your gut. Pretty important as these are a major part of your immune systems, creating a barrier between the outside world (your gut), and your inner world (blood, cells, tissues). Prebiotic rich ingredients in this recipe pack include asparagus, leeks, banana and edamame to name a few!



## Probiotics

Probiotics are foods that are rich in (we like to say teaming with) the type of good bacteria your gut needs. They included yogurt, kefir, miso and soy, tempeh and tofu, kombucha, sauerkraut, kimchi and more. All of these foods are created through a fermentation process that allows beneficial bacteria to proliferate. We like to say that we "seed" the gut with probiotic bacteria. We then "feed" these bacteria with prebiotic rich foods. So take a look at the recipes in this pack and pair them with our Prebiotic recipe pack. Then you have the perfect formula for your gut. Now, if you have had any gut issues, or are not used to these fermented foods go easy on them at first. Sometimes it takes a little while to get used to them. But trust me, you need them to thrive!





## Nifty Nineties

Did you know that a person between 90 and 99 is called a nonagenarian? Currently there are over 2 million people that are nonagenarians. That number has almost tripled over the past three decades and is expected to more than quadruple over the next four decades according to the U.S. Census Bureau. Personality attributes that can help one reach age 90 and beyond are: resilience, engagement and strong social support, and having confidence in yourself. In addition, research from Blue Zone studies indicate that having a sense of purpose, stopping to eat when they are 80% full, belonging to a faith-based community and having strong connections to family and friends are some of the key elements to living a long and healthy life. In our SRG communities we are uniquely equipped and excel at supporting our residents that have reached the nifty nineties and we celebrate and honor those that have achieved this incredible milestone.



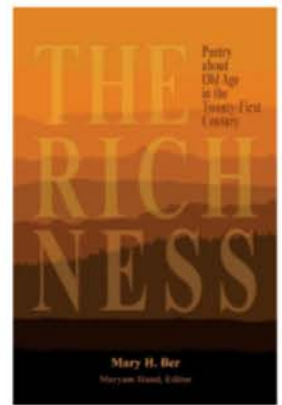


## The Richness Virtual Book Discussion



Mary H. Ber, M.A. has been writing poetry since she learned to write at age seven. A classroom teacher of literature and writing for over fifty years, she has also created literary magazines and assisted her students in getting published, thereby helping people bring themselves to voice. She is co-founder of award-winning Moon Journal Press and its editor for thirteen years. Now she lives in a senior retirement home in Tucson, Arizona, where she has been facilitating writing and discussion groups.

The Richness: Poetry about Old Age in the Twenty-First Century is an exploration of both the positive and negative experience of old age, focusing on the often unappreciated perks. The 83-year-old author has written her experiences in easy-to-access poetry. The book is divided into six sections: "Coming Into Old Age," "Moving into the Residential Retirement Home," "Walking through Old Age," "Deepening Spirituality," "Completing Old Age," and "A Note to Caregivers." The first five sections of the book may be read as a simple collection of poems or a kind of poetic autobiography of the author's journey through this stage of her life. The author wrote the poems as she lived them.



**Check LifeLoop for September book club dates featuring a zoom guest appearance by Mary Ber discussing her book, "The Richness" and reading her poetry.**

## The Zest Test

Zest and EmpowerMe are teaming up to bring you "The Zest Test"! The Zest Test is a benchmark cognitive and strength test designed by EmpowerMe with the help of Zest fitness professionals to help identify baseline fitness scores for our residents.

Using a benchmark testing tool is great for identifying areas of opportunity for people to gain strength, balance, and flexibility and decrease fall or injury risk.

Check LifeLoop or with your Zest team for available testing dates!



# National Fitness Day - September 25th

National Fitness Day is an annual event celebrated on the last Wednesday of September in many countries around the world. It aims to promote the importance of physical activity and inspire individuals to lead healthier and more active lifestyles. It's important to celebrate our physical activity because of the multitude of benefits it provides. Regular physical activity is crucial for maintaining good health and well-being. It has numerous benefits, including: improved physical health, mental well-being, weight management, increased energy levels, and provides social interaction. You can celebrate National Fitness day by joining one of the many physical fitness classes provided on your Zest Calendar or by setting personal fitness goals and committing to a regular exercise routine.

## Ways to Celebrate National Fitness Day

1. Try a new fitness class: Step out of your comfort zone and try something new. ZestFit offers new fitness classes monthly!
2. Try a fitness challenge with your friends: something as simple as a step challenge or workout challenge can be a fun way to motivate each other!
3. Create a playlist for your exercise routine: nothing compliments a good work out like the perfect music to keep you motivated.
4. Take your workout outdoors: keep the environment fresh and change up your workout scene.
5. Set personal fitness goals: Take this opportunity to set some or reevaluate your personal fitness goals.
6. Have a FreshZest meal: Try something new with out healthy FreshZest menu options!
7. Treat yourself to a wellness day: Take the day and indulge in a day focused on you and your wellness! Schedule in an exercise class or a fitness appointment, make time for a well balanced meal, maybe even treat yourself to a haircut, a pedicure, or a massage!



# Resident Birthdays & Anniversaries

## Birthdays in September

Carolyn K 9/8

Robert K 9/9

Woody E 9/13

Pat W 9/20

Mona O 9/22

Jim D 9/23

Fumiko K 9/25

Carolyn M 9/25

Virginia L 9/26

Ann B 9/28

Sandy Sher 9/28

Bea S 9/29

## Anniversaries

Jim and Ann Cauthron  
9/2



Mona



Carolyn



Bea

John



# A word from our Executive Director

Happy month of September to all residents! By way of this month's newsletter article, I want to focus on the Labor Day holiday and recognize all of the outstanding employees we have here at Maravilla who work tirelessly to provide our residents with great service, care, and hospitality. The team of employees we have here at Maravilla truly embody the spirit of customer service and compassion. Our employees definitely set Maravilla apart from other retirement communities. So, in recognition of Labor Day, I would ask that all residents to look for opportunities to praise or compliment a Maravilla employee when you experience great customer service or when the circumstances warrant. You may also nominate an employee for Employee of the Month consideration by placing a comment card in the Resident Suggestion Box located in the mail room or by placing a You Made My Day card in one of the collection boxes. Our employees love being recognized by our residents – it means a lot as we strive to deliver superior customer service to you each and every day. Thank you for residency and have a great month of September!



## Staff Directory

Mark Ranno, Executive Director

Alex Burdette, Executive Chef

Aliza Orent, Zest Director

Brian Burris, Maintenance Director

Cheryl Rabb, Enliven Director

DeDe Mancias, Housekeeping Director

Emily Vaughan, AL Director

Kit Baumann & Raquel Hebben, Sales Directors

Sarah Bailey, Human Resources Director

Manuel Aguilar, Business Office Manager

Tim Murphy & Jay Scheuer, Dining Room Managers

Maravilla  
@ THE DOMAIN

[www.srgseniorliving.com](http://www.srgseniorliving.com)  
512-953-2985

11001 Austin Lane  
Austin, TX 78758

For over 35 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, SRG communities are fueled by passion. We're truly driven by the desire to create environments that enhance the quality of people's lives - now and in the future.

